Carmelia D. Van Horn

P.O. Box 13512, Denver, Colorado 80201 (c) 303-808-6825, bth-btf@bod.net

http://carmelia.com; http://www.modelmayhem.com/carmelia; http://youtube.com/carmeliavanhorn

Objective: Position as swimwear and fitness **spokesmodel** giving television appearances and posing for print and electronic magazines and catalogs.

SKILLS

- **Fitness competitions**: figure/physique class (2009), fitness class (2010-Present) (see AWARDS, below);
- Bikini, artistic, figure, catalog, and promotional modeling;
- Public speaking/television;
- Instructional fitness videos: exercise how-to videos on popular You Tube channel: carmeliavanhorn;
- Sports nutrition: specialized expertise in vitamins, minerals, macronutrient requirements for athlete populations;
- Nutritional symptomatology: non-invasive technique for determining individual nutritional needs;
- Fitness blogging: answering Beachbody customers questions; Twitter channel with daily fitness updates;
- **Technical writing**: Examiner.com writer, engineering specifications, standards, and detailed reports.

EXPERIENCE

Dec. 2012	Print ad	World Fitness Alliance/Triple A (American Aerobic Association)	
Nov. 2012	Online ad	Photo chosen for Colorado Modeling Network website banner	
June 2012	Catalog (online)	Staff model for Ujena swimwear catalog, Ujena Jam Puerto Vallarta	
May 2012	Magazine (online)	Featured model interview in RapRockLife.com	
May 2012	Online ad	Photosense Photography: David Robinet, www.photosense.ca	
April 2012	Magazine (print)	Published in Planet Muscle magazine: April 2012, p.150	
Mar. 2012	Magazine (print)	Published in World Physique magazine: Winter/Spring 2012, p.78	
Oct. 2011	Clothing catalog	Shan Wear, New York	
Sep. 2011	Print ad	Triple A (American Aerobic Association)	
July 2011	Runway	Lotus Concepts Calendar Model Search	
June 2011	Catalog (online)	Ujena swimwear catalog, Ujena Jam Puerto Vallarta	
Jan. 2011	Promotional	Josh Shelly, CycleXPhoto, Colorado Motorcycle Show/Swap	
2010	Fitness website ad	Triple A (American Aerobic Association) http://www.triple-a.net/	
2006	Artistic/figure	Steve Leady, displayed at Michael McConnell Gallery & Studio, Denver, Colorado	

1996 – Present Ball Aerospace & Technologies Corporation, Boulder, Colorado

Lead Electronics Process Control **Engineer** (current position)

2007 – Present Break the Habits/Burn the Fat. Denver. Colorado

Certified Personal Fitness Trainer (owner) – Gym and in-home fitness training specializing in fat loss for women and older adults, functional training, and nutrition;

Independent Beachbody/P90X Coach (2008 - Present) with over 400 online customers

2011 – Present YMCA of Metropolitan Denver, Denver, Colorado

Teach one (1 hour) group fitness class per week, all ages and abilities, weight-lifting and cardio

2012 **Television presenter** on Channel 9, "Colorado & Company" – promoting adult fitness at YMCA (January 9)

1998 – 2009 **African Dance with Carmelia**, Denver, Colorado

Traditional African Dance Instructor and Performer (owner/operator) – Performances, workshops, and private lessons 1992-1996: Dancer in Harambee African Dance Troupe of Boulder, Colorado

1999 – 2009 Colorado Free University, Denver, Colorado

2009: Fitness Instructor – Teach one (1 hour) group fitness class per week, all ages and abilities 1999—2009: Traditional African Dance Instructor -- Teach one (1.5 hour) class per week, all ages and abilities

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EDUCATION

B.S. Chemical Engineering with environmental option, School of Engineering and Applied Science, University of Colorado, Boulder

Exercise ETC. Inc. courses Denver, Colorado

2008 – Present Various training courses for certified personal fitness trainers

AWARDS

Nov. 2012 NPC Rocky Mtn. Fitness class 4th place (regional);

Nov. 2012 NPC Colorado Naturals Fitness class 3rd place (regional);

June 2012 Ujena swimwear Best Shot Challenge: Editor's Choice Photo Champion of Sport Photography category;

June 2012 Photosense Photography: Featured Athlete of the Month;

Jan. 2012 World Physique magazine: Rising Star of the Month;

Nov. 2011 Ms. World Physique Champion (fitness magazine contest);

Nov. 2011 Status Fitness Magazine cover model contest - Editor's choice winner;

July 2011 Ms. Fitness Red, White, & Blue Fitness class 2nd place (regional);

June 2011 Ujena swimwear Best Shot Challenge: Editor's Choice Photo Champion of Fashion and Glamour category;

Feb. 2011 Ms. Fitness Legacy Southwest Figure Champion (regional title);

Aug. 2010 Ms. Fitness USA top 20 (national);

Mar. 2010 Ms. Fitness Rocky Mountain Champion (state title);

Nov. 2009 NPC Rocky Mtn. 2nd place: Novice Figure C class; 3rd place: Open Figure F class (regional).

CERTIFICATIONS

2007 – Present Feb. 2011	Personal Trainer Certification AED and CPR Certification	American Council on Exercise American Heart Association
May 2012	Group Fitness Instructor Certification	Fierce4
Mar. 2012	Group Suspension Training Instructor Certification	TRX

HOBBIES Chess, P90X, running (half-marathons), motorcycles, old Jeeps, Cornish Rex cats, U.S. Constitution